

Produce

- 5 onions (1,2,4,5)
- 4 garlic clove (1,3)
- 1 lb. mushrooms, sliced (1)
- 6 grape tomatoes (2)
- 2 stalks broccoli (3)
- 2 T. fresh ginger (3) ... I used jarred ginger, in the produce section close to the jarred garlic
- 6 c. (10 oz. bag) shredded white cabbage (4)
- 1 c shredded carrots (4)
- ¾ c. scallions, chopped (4)
- 2 red bell peppers (3,5)
- 1 green bell pepper (5)
- 1 tomato (6)

Meat

- 1 ½ lb. lean beef stew meat, cut into 1" cubes (1)
- 1 lb. 95% lean ground beef (2)
- 12 oz. trimmed boneless beef top round (3)
- 3 ¼ lb. boneless, skinless chicken breast (4,5)
- 8 oz. Deli Sliced turkey breast (6)

Canned/ Packaged

- 1 can (10.75 oz.) fat-free cream of mushroom soup (1)
- 3 c. uncooked egg noodles (1)
- 1 T. hamburger seasoning, i.e. McCormick brand (2)
- 2 T. ketchup (2)
- 2 t. yellow mustard (2)
- 3 T. reduced-sodium soy sauce (3)
- 1 T. rice wine vinegar (3)
- 1 (14.5 oz.) can fat-free reduced sodium chicken broth (3)
- ¾ c. uncooked quinoa (3)
- 1 (18 oz) bottle Sweet Baby Ray's Honey BBQ sauce (4)
- 4 T. light mayonnaise (4)
- 1 T. + 2 t. apple cider vinegar (4)
- 1 ½ T. spicy brown mustard (4)
- ¼ t. prepared white horseradish (4)
- 2 pkgs. Oroweat's Honey Wheat Sandwich thins (4)
- 4 t. prepared basil pesto sauce (6)
- 2 T. fat-free mayonnaise (6)
- 8 (1 oz.) thin sliced sourdough bread or low-calorie bread, such as Healthy Life, which is just 1 SP per slice (6)
- ¼ c. fat-free Italian dressing (5)
- optional: flour tortillas (5)

Spice/Staples

- salt (1,2)
- ground black pepper (1,2)
- ¼ t. crushed red-pepper flakes (3)
- 1 T. cornstarch (3)
- EVOO (2,3)
- 1 T. honey (4)
- 2 t. chili powder (5)
- Cooking spray (6)

Refrigerator

- 1 c. fat-free sour cream (1)
- 20 oz. shredded hash brown potatoes. pre-shredded refrigerated (such as Simply Potatoes or Reser's)
- ½ c. shredded 2% cheddar cheese (2)
- 2 large egg whites (5)
- 1 c. part-skim shredded mozzarella cheese (5)
- 4 slices reduced-fat provolone cheese (6)

Misc.

This week's Meal Plan

1

Slow Cooker Beef Stroganoff

2

Cheeseburger Hash Brown Cups

3

Beef & Broccoli Stir-Fry w/ Quinoa

4

Shredded BBQ Chicken Sandwiches

5

Easy Chicken Fajitas

6

Turkey and Cheese Pesto Panini